

# **Joslyn Weekly Activities - Daily**

## **SUNDAY**

Table Tennis	11:00	a.m.	
Matinee Dance (with DJ)	12:30	p.m.	+

## **MONDAY**

Fitness Class - Kundalini Yoga	8:30	a.m.	
Computer Class Assessments (9:30 -11:00 a.m.)	9:30	a.m.	
Oasis Walkers	9:30	a.m.	
Mindfulness Meditation	9:30	a.m.	
Painting Group	2:00	p.m.	
Memoir Writing (Sep-June)	1:00	p.m.	☑
Chess	1:00	p.m.	
T'ai Chi: Intermediate / Beginner	1:00 / 2:00	p.m.	+
T'ai Chi: Fan / Long Form +	3:00 / 3:30	p.m.	+
Rejuvenating Rhythms Drum Circle	4:00	p.m.	
Zumba Gold	6:00	p.m.	+

## **TUESDAY**

Mindfulness Meditation	8:30	a.m.	
Resistance Training (Mat & Weights Required)	8:30	a.m.	
Braille Community Center Program (Sep-July)	9:00	a.m.	☑
K1, C1 Knitting Group	9:30	a.m.	
Ballroom/ Middle Eastern (recorded music)	9:45	a.m.	
Belly Dancing/ Mediterranean Dance	9:45	a.m.	
Mah Jongg Play - all levels	12:00	noon	
You Are Not Alone - Support Group	12:00	noon	
Karaoke	12:00	noon	
Bunko	1:00	p.m.	
Rummy Tile	1:00	p.m.	
Chair Yoga Tonic	2:30	p.m.	
Senior Support Group	3:00	p.m.	☑
Learn 'N Line Dance - Beginners	6:15	p.m.	+

## **WEDNESDAY**

Fitness Class - Beginners	8:30	a.m.	
Sing-a-Long (Nutrition)	10:00	a.m.	
Auld Lang Syne Bridge	11:30	a.m.	☑+
Wii Wednesdays - Virtual Bowling	12:30	p.m.	
Ukulele Class	3:00	p.m.	
Square Dance Class-Beg, B&B (Sep-Jun)	6:45	p.m.	+

## **MONDAY-FRIDAY**

Lunch Program	11:00	a.m.	☑ *
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☑ Sign-up/appointment required; \* \$2.00 suggested donation;  
 + Session fee is higher then regular \$2.00 fee (discount with BSAC).

## **THURSDAY**

Texas Hold-em	8:15	a.m.	
Mindfulness Meditation	8:30	a.m.	
Senior Ballet Workout	9:00	a.m.	
Bridge Class - 12 weeks (call for start date)	9:00	a.m.	☑+
iPad Class Assessments (9:30-11:00 a.m.)	9:30	a.m.	
Crochet/Knitting Class/Group	9:30	a.m.	
Hula - Beginners/ Advanced	9:45/10:30	a.m.	
Arthritis Exercise Class	11:30	a.m.	
Mah Jongg - advanced play	12:00	noon	☑
Pan	12:15	p.m.	☑
Health with Harry/Strength Training & Balance	1:00	p.m.	
Rummy Tile	1:00	p.m.	
Bingo for a Buck	1:00	p.m.	+
Chess	1:00	p.m.	
Cribbage	1:00	p.m.	
Be Fit While You Sit	2:30	p.m.	
Horseshoes	6:30	p.m.	
Ballroom Dance (live music)	7:00	p.m.	+

## **FRIDAY**

Moving and Stepping with Kaye - Fitness	8:30	a.m.	
T'ai Chi (outdoors): Intermediate	9:30	a.m.	+
Friday Bridge	11:30	a.m.	☑+
RSVP Sewing/Knitting/Crocheting	12:30	p.m.	☑
T'ai Chi: Beginner	3:30	p.m.	+
Soulful Seniors	3:30	p.m.	
Ballroom Dance Class-Beginner	6:45	p.m.	

## **SATURDAY**

Texas Hold-em	9:15	a.m.	
Line Dancing Class-Ultra Beginner	9:30	a.m.	+
Quilting Group	9:30	a.m.	
Line Dancing Class-Beginner Plus	10:30	a.m.	+
Table Tennis	11:00	a.m.	
Balance Class	12:00	noon	
Rummy Tile	1:00	p.m.	
Zumba Gold	1:30	p.m.	+

## **DAILY**

Game Room: Drop-in play - Open hours (please note posted exceptions)		
Open Computer Lab / Pool Rooms	open hours	

Mar-17

# Joslyn Weekly Activities - Programs for those 55+

## Categories

☒ Sign-up/appointment required; \* \$2.00 suggested donation ; Session fees are \$2.00 (free with BSAC card); higher if noted with "+" (discount with BSAC).

### Arts/Crafts

Crochet/Knitting Class/Group	Thu	9:30	a.m.	
K1, C1 Knitting Group	Tue	9:30	a.m.	
Memoir Writing	Mon	1:00	p.m.	<input checked="" type="checkbox"/>
Painting Group	Mon	2:00	p.m.	
Quilting Group	Sat	9:30	a.m.	
RSVP Sewing/Knitting/Crocheting	Fri	12:30	p.m.	

### Cards

Auld Lang Syne Bridge	Wed	11:30	a.m.	<input checked="" type="checkbox"/> +
Bridge Class - 12 weeks (call for start date)	Thu	9:00	a.m.	<input checked="" type="checkbox"/> +
Cribbage	Thu	1:00	p.m.	
Friday Bridge	Fri	11:30	a.m.	<input checked="" type="checkbox"/> +
Pan	Thu	12:15	p.m.	<input checked="" type="checkbox"/>
Texas Hold-em	Thu	8:15	a.m.	
Texas Hold-em	Sat	9:15	a.m.	

### Computers & Technology

Computer Class Assessments (9:30-11:00 am)	Mon	9:30	a.m.	
iPad Class Assessments (9:30-11:00 am)	Thu	9:30	a.m.	
Tech Time Workshop	Call for appointment			<input checked="" type="checkbox"/> +
One-on-One Computer Tutoring	Call for appointment			<input checked="" type="checkbox"/> +
Open Computer Lab	Daily	Open Hours		

### Dance

Ballroom/ Middle Eastern (recorded music)	Tue	9:45	a.m.	
Belly Dancing/ Mediterranean Dance	Tue	9:45	a.m.	
Ballroom Dance Class	Fri	6:45	p.m.	
Hula-Beginner	Thu	9:45	a.m.	
Hula-Advanced	Thu	10:30	a.m.	
Line Dancing Class-Ultra Beginner	Sat	9:30	a.m.	+
Line Dancing Class-Beginner Plus	Sat	10:30	a.m.	+
Learn 'N Line Dance-Intermediate/Beginner	Tue	6:15	p.m.	+
Matinee Dance (with DJ)	Sun	12:30	p.m.	+
Ballroom Dance (live music)	Thu	7:00	p.m.	+
Square Dance Class-Beg, B&B (Sep-Jun)	Wed	6:45	p.m.	+
Senior Ballet Workout	Thu	9:00	a.m.	

### Nutrition

Lunch Program	M-F	11:00	a.m.	<input checked="" type="checkbox"/> *
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### Fitness

Arthritis Exercise Class	Thu	11:30	a.m.	
Balance Class	Sat	12:00	noon	
Be Fit While You Sit	Thu	2:30	p.m.	
Chair Yoga Tonic	Tues	2:30	p.m.	
Fitness Class - Beginner	Wed	8:30	a.m.	
Fitness Class - Kundalini Yoga	Mon	8:30	a.m.	
Health with Harry/Strength Training & Balance	Thu	1:00	p.m.	
Mindfulness Meditation	see	front	page	
Moving and Stepping with Kaye	Fri	8:30	a.m.	
Oasis Walkers	Mon	9:30	a.m.	
Resistance Training (Mat & Weights Required)	Tues	8:30	a.m.	
T'ai Chi: Intermediate / Beginner	Mon	1:00/2:00	p.m.	+
T'ai Chi: Fan / Long Form +	Mon	3:00/3:30	p.m.	
T'ai Chi: Outdoors- Intermediate/ Beginner	Fri	9:30/3:30	a.m./p.m.	+
Zumba Gold	Mon/Sat	6:00/1:30	p.m.	+

### Information/Support

Braille Community Center Program (Sep-Jul)	Tue	9:00	a.m.	<input checked="" type="checkbox"/>
You Are Not Alone - Support Group	Tue	12:00	noon	
Senior Support Group	Tue	3:00	p.m.	<input checked="" type="checkbox"/>
Soulful Seniors	Fri	3:30	p.m.	

### Music

Rejuvenating Rhythms Drum Circle	Mon	4:00	p.m.	
Karaoke	Tue	12:00	noon	
Sing-a-Long (Nutrition)	Wed	10:00	a.m.	
Ukulele Class	Wed	3:00	p.m.	

### Recreation/Games

Bingo for a Buck	Thu	1:00	p.m.	+
Bunko	Tue	1:00	p.m.	
Chess	Mon/Thu	1:00	p.m.	
Game Room: Drop-in play - Open hours (please note posted exceptions)				
Horseshoes	Thu	6:30	p.m.	
Mah Jongg Play - all levels	Tue	12:00	noon	
Mah Jongg - advanced play	Thu	12:00	noon	<input checked="" type="checkbox"/>
Pool Rooms: Drop-in play	Daily	Open hours		
Rummy Tile	Tue/Thu/Sat	1:00	p.m.	
Table Tennis	Sat/Sun	11:00	a.m.	
Wii Wednesdays - Virtual Bowling	Wed	12:30	p.m.	